

CRESSKILL PUBLIC SCHOOLS

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Dr. Peter Hughes
Superintendent

February 10, 2023

Dear Cresskill Families,

We hope this letter finds you in good health and spirits. We are writing to inform you about the new health curriculum that will be introduced in grades K-12 starting September 2023.

As you know, the health and well-being of our students is of utmost importance to us. The new health curriculum has been designed to provide students with the necessary knowledge and skills to maintain a healthy lifestyle. The curriculum covers topics such as nutrition, physical activity, physical development, mental health, and disease prevention. It is intended to deliver age-appropriate instruction based on the developmental needs of the student.

We understand that some of the topics covered in the curriculum may be sensitive to some families. Therefore, we want to assure you that parents will have the option to opt out of any standards that they are uncomfortable with. If you choose to opt out, alternative learning activities will be provided for your child.

To ensure that parents have a complete understanding of the new curriculum and what it entails, we are hosting an information night next **Wednesday, February 15th from 6-7 pm in MMS Gymnasium**. We encourage parents to view the [linked videos](#) before the information night for any grade of interest. Additionally, we have created [this form where you can submit questions](#) in advance of the information night.

We believe that the new health curriculum will provide students with the tools they need to make informed decisions about their health and well-being. We are confident that the information and skills they learn will have a positive impact on their lives and help them lead healthy, productive lives.

We look forward to working with you to support the health and well-being of your child through a collaborative and transparent curriculum.

Sincerely,
Dr. Peter Hughes
Superintendent of Schools

Health Video Links

YouTube Channel for All Videos:

https://youtube.com/playlist?list=PLwaEAzHiGN6ayf_fqz6mQChFEFRlvclr

Kindergarten Health: <https://youtu.be/srYiq6zVfHs>

First Grade Health: https://youtu.be/6eLGF_hYkf0

Second Grade Health: https://youtu.be/IP44v_RU7OQ

Third Grade Health: <https://youtu.be/lslcX7Zhsvk>

Fourth Grade Health: <https://youtu.be/Og2L1DiGN6g>

Fifth Grade Health: <https://youtu.be/fVvzPFtdS1c>

Sixth Grade Health: <https://youtu.be/P1YHNRlaeSo>

Seventh Grade Health: <https://youtu.be/ozwhLNfJnkM>

Eighth Grade Health: <https://youtu.be/tlf1P7gFExA>

Ninth Grade Health: <https://youtu.be/llhl-DuVxik>

Tenth Grade Health: <https://youtu.be/exlQuxoma4k>

Eleventh Grade health: <https://youtu.be/HCQhM-xdtGs>

Twelfth Grade Health: <https://youtu.be/irQ-esFfKdg>